

Free WW Meal Plan SUNDAY June 22nd

B: [Chorizo Egg Bites](#) (6 points)

L: [Creamy Cucumber Salad](#) (1 point) + Rotisserie Chicken

D: [Grilled Jalapeno Chicken](#) (3 points)

Dessert: [Strawberry Shortcake Kebabs](#) (3 points)

Total WW Points: 13+

Notes: I love a rotisserie chicken for hot days, because it's a super quick and easy protein source you can add to any meal without turning the oven on.

Free WW Meal Plan MONDAY June 23rd

B: [Green smoothie](#) (6 points)

L: [Chicken and Broccoli Pasta Salad](#) (2 points)

D: [Greek Penne Pasta](#) (6 points)

Dessert: [Strawberry Crisp](#) (7 points)

Total WW Points: 21

Notes: Make the strawberry crisp into a mixed berry crisp if you have ripe blackberries, raspberries, and blueberries!

Free WW Meal Plan TUESDAY June 24th

B: [Whipped Cottage Cheese Bowls](#) (6 points)

L: [Sushi Bowls](#) (2 points)

D: [Grilled Citrus Pork and Sugar Snap Peas](#) (6 points)

Dessert: No-Bake [Yogurt Pie](#) (7 points)

Total WW Points: 21

Notes: The sushi bowls would be easy to put into jars for a delicious, refreshing meal-prepped lunch all week. It's up to you if you'd rather eat the same thing every day, or have more variety with all of these recipe options.

Free WW Meal Plan WEDNESDAY June 25th

B: [Frittata Italiana](#) (2 points)

L: [Cucumber Avocado Salad](#) (4 points)

D: [BLT Wraps](#) (3 points)

Dessert: Leftovers

Total WW Points: 9+

Notes: Add a can of tuna or chicken to the cucumber avocado salad to increase the protein without adding points.

Free WW Meal Plan THURSDAY June 26th

B: [Chocolate Zucchini Mini Muffins](#) (2 points)

L: Leftovers

D: [Baked Ratatouille](#) (1 point)

Dessert: [Skinny Lemon Cake](#) (2 points)

Total WW Points: 5+

Notes: The chocolate zucchini mini muffins are a great option to stock the freezer with because one batch makes so many.

Free WW Meal Plan FRIDAY June 27th

B: Leftovers

L: [Mediterranean Snack Plate](#) (5 points)

D: [BBQ Pork Sandwiches with Cole Slaw](#) (6 points)

Dessert: [Chocolate Peanut Butter Fruit Dip](#) (3 points)

Total WW Points: 14+

Notes: I love a snack plate for lunch sometimes. There's no cooking, and you can easily adjust it based on the points you need.

Free WW Meal Plan SATURDAY June 28th

B: [Sheetpan Cheesy Hashbrown Eggs](#) (2 points)

L: [Crescent Roll Veggie Pizza](#) (4 points)

D: Leftovers

Dessert: [Watermelon Berry Salad](#) (0 points)

Total WW Points: 6+

Notes: The pizza is a great way to use up any veggies you have leftover in the fridge, but feel free to add meat if you prefer!

Check your pantry and fridge for any of these listed items before heading to the grocery store.

Grocery List

Produce

- English cucumbers
- Red onion
- Fresh dill
- Broccoli
- Celery

- Watermelon
- Strawberries
- Raspberries
- Blueberries
- Blackberries
- Lemons
- Fresh mint
- Yellow onion
- Bell peppers (red)
- Garlic cloves
- Eggplant (Japanese or small globe)
- Zucchini
- Yellow squash
- Tomatoes (regular and cherry/grape)
- Avocado
- Fresh cilantro
- Limes
- Mixed salad greens
- Radishes
- Carrots
- Baby spinach
- Scallions/green onions
- Fresh basil
- Orange (for juice)
- Jalapeño peppers
- Plum tomatoes
- Shallot
- Fresh ginger
- Sugar snap peas

Meat & Proteins

- Chicken (shredded/breasts/bone-in)
- Shrimp (cooked, peeled, and deveined)
- Smoked salmon
- Soy chorizo (or turkey/chicken chorizo)
- Eggs
- Liquid egg substitute
- Pork tenderloin
- Roast beef (deli style)

Dairy & Refrigerated

- Sour cream (fat free)

- Greek yogurt (plain, 0%, fat-free, whole milk)
- Mayonnaise (reduced calorie, light, fat-free)
- Milk (1%, almond milk - unsweetened vanilla)
- Cool Whip (fat-free/light)
- Cottage cheese (fat-free, low-fat)
- Mexican cheese blend (shredded)
- Mozzarella cheese (fat-free, shredded)
- Parmesan cheese (shredded)
- Cheddar cheese (reduced fat, shredded)
- Feta cheese (crumbled)

Grains & Pasta

- Penne pasta
- Rice (cooked)
- Crescent rolls (reduced-fat)
- Whole wheat tortillas
- Whole grain buns/mixed-grain hamburger buns
- All-purpose flour
- Almond flour
- Hashbrowns (refrigerated, uncooked)

Canned & Jarred Goods

- Crushed tomatoes (canned)
- Dijon mustard
- Coleslaw mix (packaged)
- Pickled jalapeños
- Olives (black, pitted, or Greek/Italian)

Baking

- Cornstarch (or arrowroot)
- Baking powder
- Baking soda
- Vanilla extract/vanilla bean paste
- Chocolate pudding mix (fat-free)
- Salt (kosher, table)
- Semi-sweet chocolate chips (mini)
- Cocoa powder (unsweetened)

Spices & Seasonings

- Black pepper
- Red pepper flakes

- Dried thyme
- Dried basil
- Dried oregano
- Garlic powder
- Ranch seasoning (dry)
- Ground ginger
- Chinese five spice powder
- Chili powder

Sweeteners

- Sugar
- Honey
- Stevia
- Monk fruit sweetener (Lakanto)
- Maple syrup
- Sugar-free syrup (E.D Smith)

Oils & Vinegars

- Olive oil
- White vinegar
- Rice vinegar
- Apple cider vinegar
- Sesame oil
- Safflower oil

Snacks & Misc

- Sliced almonds
- Slivered almonds
- Walnuts
- Unsalted roasted almonds
- Pecans
- Pine nuts
- Medjool dates
- Nori seaweed sheets
- Sesame seeds
- Peanut butter
- Soy sauce
- Orange marmalade
- Betty Crocker Super Moist Lemon Cake Mix
- Diet 7UP
- Cooking spray
- Italian seasoning

- Protein powder (unflavored)
- Barbecue sauce (Sweet Baby Ray's)
- Orange zest